

1960's Camping Meals



Screen shots looking back 60 years.

Thought for Food

- menu planning ideas

Here are some meal suggestions, old and new which may help add to the interest and variety in your menus this summer.

BREAKFAST

FRUIT

cantaloupe slices
(slice one in 8 pieces)
grapefruit sections
watermelon
(very popular and reasonably priced)
half bananas and orange sections
apple sauce
prunes

JUICE

five fruit frozen
pineapple/grapefruit
apple
instant orange
frozen varieties
cranberry/apple

CEREAL

Hot - Red River
oatmeal
wheatlets
Cream of Wheat
Cold - corn flakes
shredded wheat
rice crisps
Captain Crunch
(check prices and weights for value - the bigger the box the lower the unit price)

MAIN COURSE

eggs: scrambled, boiled
fried, poached
ham (and eggs)
bacon (and eggs)
pancakes - regular
buckwheat
(add some blueberries fresh or frozen for a real treat)
* be sure to allow a little longer for cooking if berries are added.
french toast
sausages
bran muffins (go very well with scrambled eggs)
date and nut loaf
cinnamon buns
Danish pastry

LUNCH (or light suppers)

MEAT DISHES

fried bologna and eggs
braised meat stew
cold slices of corned beef/potato salad
cold meat plate (for making sandwiches at the table)
corned beef hash
corned beef and cabbage
sausage meat patties
chili con carne
sausage con carne
turkey (creole) and rice
chicken/turkey/beef pies
hot beef/chicken sandwiches
hot dogs with cheese strips
hamburgers

FISH DISHES

tuna salad
salmon salad
tuna/mackerel salad
(mackerel is much less than tuna or salmon, but should be mixed as flavour is strong)
salmon & scalloped potatoes
cod fish cakes
tuna/salmon casserole
salmon/ almond "
tuna/noodle/mushroom "

OTHER DISHES

macaroni and cheese
egg salad for sandwiches
grilled cheese and onion
tomato/cheese beef macaroni
western sandwiches
pancakes
french toast
Pizza
pork and beans

SOUP

soup makes most lunches more complete and can be inexpensively prepared by using one of the many commercial soup bases and left-over vegetables and meats.

DINNER

CHICKEN

baked chicken legs
roast
southernfried
barbequed
chicken à la king
chicken chow mein
chicken chop suey
chicken pot pie
baked with coating mix

MINCED MEAT

hamburger pie/tart
meat loaf
spaghetti and meat
balls/sauce
hamburger on a bun
hamburger patties
sweet and sour meat
balls
Sloppy Joes
cheeseburger loaf

BAKED

brownies with marshmallow
topping
Johnny cakes and syrup
marble cake and ice cream
upsidedown - pineapple
apple
cherry
gingerbread and lemon sauce
strawberry shortcake or tea
bisk
chocolate cake
date squares
apple cake
spice cake/orange icing
cheesecake/cherry topping
apple strudel
date crumbles
doughnuts
chinese chews
Rice Crispie squares
apple brown betty
blueberry cobbler
plum "
Rhubarb/strawberry "
Dutch chocolate roll

MAIN COURSES

TURKEY

roast
à la king
pot pie
sweet and sour pie

VEAL

breaded veal chops
breaded veal cutlets

HAM/PORK

roast
sliced (baked or fried)
pork chops
pork roast
ham and mushroom soup
casserole

VEGETABLES - fresh, frozen, canned,
cooked or raw

SALADS

DESSERTS

PIES

rhubarb/apple
graham cracker crust
lemon pudding filling
(don't cook)
lemon
chocolate
cherry
blueberry
peach/strawberry
pumpkin
pecan
rhubarb
blueberry
Dutch apple
deep apple
apple raspberry

TARTS

butter
lemon
strawberry
blueberry
custard
butterscotch (pudding)
chocolate (pudding)

BEEF

roast (pot, blade, chuck)
beef chop suey
steak
Salisbury steak
Yorkshire steak
Swiss steak
beef steakets
beef chow mein
stew
beef and corn casserole
sorrento pie
macaroni and sausage jumbo
country pie

PUDDINGS

Butterscotch *
Cocoanut Cream
caramel/rice
rice and lemon sauce
vanilla and orange sections
hot fudge
apple batter
gingerbread and meringue
caramel
lemon snow
Chocolate and Kraft Mini-
marshmallows

ICE CREAM

sundaes
sherbert
Popsicles
ice cream crunch
" " bricks cut at table
mello-rolls
Dixie cups
nutty cones

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- menu planning ideas

DESSERTS (cont. from page 9)

CANNED FRUIT

pears
peaches
plums
mandarin oranges
apricots
cherries
applesauce
apple halves

GELATIN

orange
lime
grape
lemon
cherry
raspberry
peach, etc.

FRESH FRUIT

watermelon
cantaloupe
bananas
plums
cherries
grapes
oranges
pears

Need some new ideas for Cookouts???? The C.C.A. is distributing a Cookout Manual which has been produced by Sue Whitney, Day Camp Director, Borough of Etobicoke, Parks and Recreation Services, 24 pages and more than 35 receipes.

The purpose of the manual is to provide new and exciting cooking ideas for both small group cookouts and mass section cookouts. The recipes have been divided into six major groups according to Canada's Food Guide. It begins...

RECIPE FOR A COOKOUT "1 enthusiastic counsellor, 6 - 12 small and medium sized campers, 1 fire pit, 100 - 150 pieces of various sizes of dry wood, 1 package matches, 1 well planned menu, 1 large pot, 1 pinch of patience, 1 dab of understanding, 14 cups of enthusiasm."

The price is \$3.00. Order from the C.C.A. Publications Service, 1806 Avenue Rd.

CHINESE CHICKEN

(Serves 5)

- 1 can (11 oz.) mandarin oranges; drain and save syrup
- $\frac{3}{4}$ mandarin can of water ($\frac{1}{2}$ cup)
- 3 cans (5 oz. each) chicken or 2 cups cubed cooked chicken
- 2 stalks sliced celery
- 1 pkg. chicken gravy mix
- $\frac{1}{2}$ cup Minute Rice

Take mandarin orange syrup, add all remaining ingredients except orange slices, fry in pot. Cover, simmer 15 minutes until rice is done. Add mandarin oranges; heat up again. Let stand few minutes before serving.

Backpackers: Use 2 pkgs. freeze-dried chicken, 1 c. dehydrated peaches; omit celery, use $\frac{1}{2}$ t. dry celery flakes. Combine all ingredients except water in plastic bag. When ready to cook, put contents of bag in pot, add $1\frac{1}{2}$ c. water. Cover and cook low 15 to 20 min., until fruit is tender. Stir once in a while.

QUICK CHILI

(Serves 4)

- 2 large cans chili with beans
- 1 lb. wieners, cut up
- $\frac{1}{2}$ chili can of Minute Rice (about 1 cup)
- $\frac{1}{2}$ chili can of water (about 1 cup)
- $\frac{1}{4}$ cup catsup or barbecue sauce
- 4 T. Parmesan cheese

In pot, add all together. Cover and cook about 15 minutes. Serve in bowls or with buns.

Backpackers: Use freeze-dried chili con carne mix ($12\frac{1}{2}$ oz.), 3 cans of cocktail franks. Combine all in pot with water needed for con carne mix. Cover and cook about 20 minutes.

EASY CHILI

(Serves 5)

- 2 lbs. ground beef
- 1 pkg. spaghetti seasoning mix
- Parmesan cheese
- 1 can spaghetti sauce with mushrooms
- 1 can kidney beans, undrained

Put ground beef in pot with $\frac{1}{2}$ pkg. dry sauce mix, brown meat. Add canned spaghetti sauce and kidney beans. Sprinkle with rest of dry spaghetti mix. Cover and cook low 20 minutes or more until meat is done. Sprinkle with Parmesan cheese.

CHILI CHEESE SOUP (POLAR BEAR'S TEA)

(Serves 5)

- 1 can chili with beans
- 1 can condensed Cheddar cheese soup
- 1 tsp. Worcester sauce
- Dash garlic salt

Combine all ingredients in sauce pan. Heat until it starts to boil. Serve over hot dogs or spaghetti or eat plain.

Backpackers: Use 12 ½ oz. pkg. of freeze-dried chili con carne mix. Fix as directed, cook for 15 minutes. Then add soup, sauce, and garlic salt.

CORNY KRAUT

(Serves 4)

- 1 can (12 oz.) corned beef, cubed or use wieners, cut up
- 1 can sauerkraut, drained
- 1 can condensed cream of mushroom or celery soup
- 2 tsp. dill seed or dill flavoring
- 1 can peas, drained

In pot, combine all except pears. Simmer for 10 minutes. Add peas; heat up again until ready to serve.

TUNA NOODLE DELUXE

(Serves 4)

- 2 cans of tuna, drained, flaked
- 1 can macaroni and cheese
- ½ C. cubed cheese (Cheddar, American)
- 1 stalk celery, chopped
- 2 T. chopped green pepper (optional)
- 1 T. chopped onion or 1 t. instant minced onion
- ½ tsp. salt
- 1 T. lemon juice

In large saucepan or pot, combine all ingredients; mix thoroughly. Heat over coals until just heated through. Serve immediately.

MEXICAN FIESTA

(Serves 4)

- 1 can tamales
- 1 can chili with beans
- 1 can whole kernel corn, drained

Fry tamales in greased frying pan; remove outer casings. Add the chili with beans and corn. (Do not mix.) Cover and heat slowly. Serve with green salad.

MEXICAN BEEF AND BEANS

(Serves 4)

- 1 T. margarine
- 1 lb. lean ground beef
- 2 T. instant minced onion
- 1 can kidney beans, drained
- 1 can enchilada sauce
- 1/4 tsp. salt
- 1/2 tsp. chili powder
- 1 c. Cheddar cheese, dried

Melt margarine in pan, add beef, cook until brown and crumbly; drain off fat. Add remaining ingredients, except cheese. Cover, move pan to lower heat, let cook 10 minutes. Just before serving, stir in cheese. Serve in bowls, top with corn chips.

TENAYA BEANS

(Serves 8)

- 1 can luncheon meat, cut in 1 inch cubes
- 1 can drained pineapple tidbits
- 1 can baked beans
- 2 T. brown sugar
- 1 tsp. ground cloves

Fry meat in greased skillet until brown. Add pineapple, beans, brown sugar, and cloves. Heat slowly, stir often. Serve with brown bread, warmed in foil over the coals.

TEN MINUTE STROGANOFF

(Serves 4)

- 2 pkgs. sour cream sauce mix
- 2/3 C. milk
- 1 pkg. dry onion soup mix
- 2 pkgs. mushroom gravy mix
- 2 c. cold water
- 2 cans instant meatballs

Fix sour cream sauce in a bowl, use half usual amount of milk. Set aside. Put onion and gravy mixes, dry, in a large saucepan or pot. Gradually add water, heat to boiling, stir often. Take to edge of coals. Fix meatballs according to directions. Then stir sour cream into liquid in pot, blend well. Drain meatballs, add them to sauce. Heat over warm coals for a minute or two. Don't let sauce boil. Serve over biscuits, noodles, or rice.

HUSH PUPPIES

A great side dish for fish are hush puppies. They are a Southern cornmeal-based fritter, which should be fried in the fat the fish are fried in, to give them real flavor. Here's one simple recipe.

- 2 C. cornmeal
- 1 C. flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1 large onion, chopped fine
- 4 T. ham or bacon fat

Combine all ingredients and work in enough water to make a stiff dough. Roll into small balls or into lengths about half the size of your finger. Fry in the fat with the fish until they are golden brown. Drain on absorbent paper and serve hot with the fish.

FISH STEW

- 2-3 lbs. fish filets, cut in small cubes
- 1/2 c. flour
- 1/2 c. olive oil
- 1 onion, chopped (or minced onion)
- 2 small red or 1 green pepper, chopped
- 1 T. parsley flakes
- 1 clove garlic, minced
- 1 can Italian tomato sauce
- 1/3 c. water

Put the fish and flour in a paper bag and shake to coat fish with flour. Put the oil in a skillet, add the fish, onion, peppers, parsley, and garlic. Saute these until the fish is lightly browned. Then add the tomato sauce and water. Season with salt and pepper. Cover and cook slowly over medium coals for 30 minutes. Add a little water to thin the stew.

ONE-PAN TACO RICE DINNER

Ingredients:

- 1 pound ground beef
- 1 packet taco seasoning
- 2 cups water
- 2 cups Minute Rice uncooked
- 1 cup salsa
- 1 cup shredded cheddar cheese

Instructions

In a large skillet, brown and crumble ground beef.
Drain excess grease.
Add in taco seasoning and water.

Stir well and allow mixture to come to a boil
Turn down heat, then add in uncooked Minute Rice and stir.
Cover and cook for about 5 minutes (until rice is tender.)
Then remove lid and stir in salsa and cheese.
Turn off the heat and it's ready to serve!



Spam Thanksgiving Dinner

So let's say you can't cook turkey at your campsite. Do you really have to have turkey for Thanksgiving? If you're not so particular with what you're going to feast on why not have Spam and other conveniently canned goodies cooked over the grill?

Prep and cooking time: 1 hour

Yields 3-4 servings

Ingredients:

1 can SPAM Oven Roasted Turkey	3 large yams or sweet potatoes, cubed
1 can cooked ham	2 tbsp sugar
1 can turkey gravy	1/2 cup olive oil
1 can cranberry sauce	1/2 cup butter
1 packaged stuffing	Corn on the cob
3 large potatoes	

Instructions:

1. Prepare your campfire and put a campfire grill over it.
2. Cut the potatoes in half and slather the cut sides with butter. Wrap the potatoes in foil and put them on the grill. Cook until tender, turning the foiled packet every two minutes to keep from burning.
3. In a bowl, coat the cubed yams or sweet potatoes in sugar. Then wrap them in foil and put them on the grill. Cook until tender, turning the foiled packet every two minutes to keep from burning.
4. Shuck the corn and put them on the grill. Cook until slightly charred.
5. Cut the spam and the ham into neat slices. Coat these slices in oil and grill them until each side has nice grill marks.
6. Prepare the packaged stuffing, cranberry sauce and turkey gravy according to instructions.

Mountain Bars



Soft, sweet mountain bars provided a sugar kick while hiking. (Photo: Zoe Gates)

Original recipe: 1978

- 2 cups crushed vanilla wafers
- 1 ½ cups finely chopped nuts
- 2 cups powdered sugar
- ½ lb. finely chopped dates
- 1 cup finely chopped dried apricots
- 1 cup seedless yellow raisins
- 2 Tbsp. light corn syrup
- 6-8 Tbsp. honey
- ½ tsp. vanilla or maple flavoring
- Water

Combine all ingredients in a large bowl (saving water till last). Knead. Press and shape into small log rolls about 2 by 5 inches. Roll in powdered sugar and wrap in plastic. Store in refrigerator.

Beef and Berry Stew with Dumplings 1996

Original recipe:

- 6 oz. dried beef
- 2 to 3 cups water
- 2 Tbsp. dried onions
- 2 Tbsp. dried bell peppers
- ¼ cup dried tomatoes
- 2 Tbsp. dried carrots
- 2 Tbsp. dried celery

Pinch basil, thyme, and parsley
1 cup berries (any variety, but huckleberries are best)
2 Tbsp. cornstarch

Rinse excess salt off dried beef. Discard salty water. Cut or tear beef slices into small pieces. Add about 2 cups fresh water to large pot. Add rinsed, shredded beef and all dried ingredients and herbs. Cover and bring to boil. Reduce flame and simmer for 15 minutes. Add more water if needed (there should be enough water to cover all ingredients). Add berries. Slowly stir in cornstarch (to thicken mixture). Add in drops of dumpling mixture, cover and cook an additional 10 minutes. Serves two to four.

Dumplings:

1 cup flour
1 tsp. baking powder
2 ½ tsp. Shortening
Pinch salt
½ cup water

Pre-mix all ingredients except water and store in a large plastic bag with twist-tie top (grocery store produce bags work great). Once in camp, add water to bag and knead mixture to form dough. When stew is ready, cut one corner off the bag and squeeze dough in large drops onto surface of boiling stew.

Frothy Fruit Drink. 1975

Original recipe:

The ingredients are simple: a packet (or ½ cup) of powdered pre-sweetened fruit flavored drink (Kool-Aid, Wyler's, etc.) and enough non-fat dry milk to make one quart liquid.

In a one-quart plastic bottle pour about a half-cup of water, then the dry ingredients, slosh around a bit, and fill the bottle about two-thirds full with water. Shake vigorously, fill the bottle to the top and give a few more shakes.

Devils Thumb Stew 1975

Original Recipe:

4 cups water
1 pkg. Lipton's dry vegetable beef soup
1 Kraft's macaroni and cheese dinner
1 can tuna
½ cup minute rice

Bring water to boil; add soup mix and macaroni. Simmer until macaroni is about half done. Add cheese and tuna; then enough rice to obtain desired consistency. Cook until macaroni and rice are done. Yields four large servings.

Molasses Hardtack

Original recipe:

- 1 tsp. baking soda
- $\frac{2}{3}$ cup cold water
- 2 eggs
- 2 cups molasses
- $\frac{2}{3}$ cup shortening (melted)
- 1 tsp. ginger
- 5 $\frac{1}{2}$ cups whole wheat flour
- 1 cup raisins

Dissolve baking soda in cold water. Place in large bowl; add eggs, molasses, melted shortening, and ginger. Mix well. Add flour and raisins. Mixture should be stiff. Roll one heaping tablespoon of dough in flour until it is 5" long. Place on cookie sheet and flatten with spatula. Roll and flatten rest of dough. Bake in 350° oven about 15 minutes. Makes 18 or 20 biscuits. Store in plastic bags and take on the trail.

Sandwiches

CAMPFIRE TOASTED SANDWICH

Place very thin slices of orange on freshly made buttered toast. Sprinkle with Campfire Marshmallows cut in strips and cover with a slice of hot toast. Serve at once.

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CAMPFIRE GRAHAM CRACKER SANDWICH

Place a thin layer of sweet chocolate on a graham cracker, then a toasted marshmallow. Cover with another graham cracker. Especially for Boy Scouts and Girl Scouts. To be made around an open fire.

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CAMPFIRE WALDORF SANDWICH

1 medium sized apple $\frac{1}{4}$ cup diced celery
15 Campfire Marshmallows $\frac{1}{8}$ teaspoon salt
Mayonnaise

Pare and chop apple, add quartered Campfire Marshmallows, celery, salt and sufficient mayonnaise to make spread consistency. Spread on thin slices of buttered bread.

CAMPFIRE MARSHMALLOW SANDWICH SUGGESTIONS

Cut Campfire Marshmallows in strips with a pair of scissors dipped in cold water, or soften them over hot water and combine with other ingredients to make these tasty and unusual sandwich fillings.

Sliced bananas with Campfire Marshmallows
Marmalade with Campfire Marshmallows
Jam or jelly with Campfire Marshmallows
Peanut butter with Campfire Marshmallows
Mashed dates with Campfire Marshmallows
Chopped nuts, raisins and figs with Campfire Marshmallows
Ginger and chopped dates with Campfire Marshmallows
Drained canned shredded pineapple with Campfire Marshmallows.

These sandwich fillings are particularly recommended for the school lunch-box. They are tasty, nutritious and wholesome.

Toasted Marshmallow Sandwiches: After spreading filling on sandwich, place under broiler for a few minutes to brown.

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CAMPFIRE BRIDGE SANDWICH

18 Campfire Marshmallows $\frac{1}{4}$ cup finely ground wal-
 $\frac{1}{4}$ cup orange juice nuts or pecans
12 maraschino cherries

Cut the Campfire Marshmallows in bits and soften in the orange juice. Add chopped cherries and nuts. Blend to a smooth paste. Use as a filling for unsweetened crackers.